

**OUR CHEF ~YOUR ADVENTURE!**



# OUTBACK OVEN™



## A Field Guide to the Outback Oven **BACKCOUNTRY BAKING 101**



For a complete reference of all of our products go to:

**[www.backpackerspantry.com](http://www.backpackerspantry.com)**



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### CONVECTION DOME

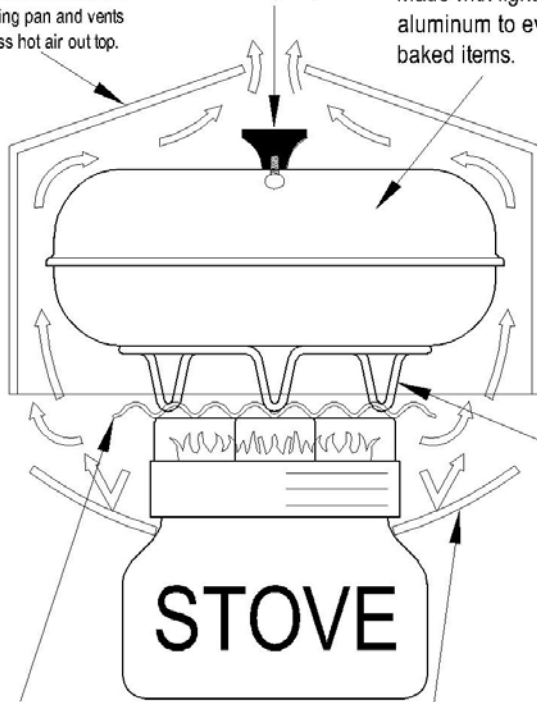
Aluminized fabric dome concentrates heat around baking pan and vents excess hot air out top.

### THERMOMETER

Viewed through vent hole to monitor baking temperature.

### BAKING PAN

Non-Stick baking pan made with lightweight aluminum to evenly heat baked items.



### SCORCH BUSTER

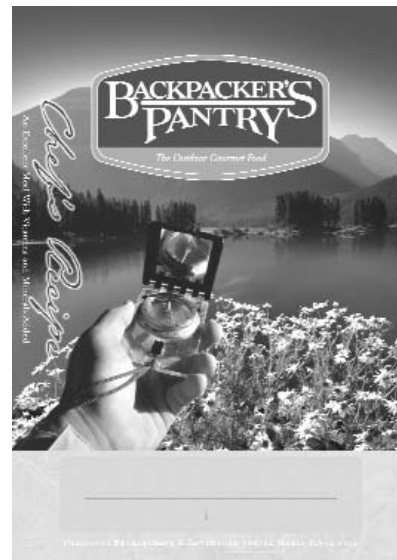
Ribbed stainless steel disk disperses heat and prevents flames from coming in contact with baking pan.

### REFLECTOR COLLAR

Aluminum collar directs heat upward, boosting efficiency and shielding stove from overheating.

### RISER BAR

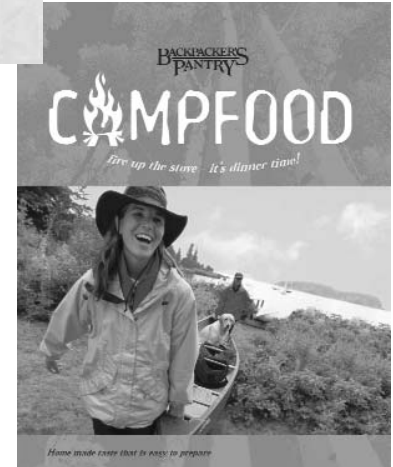
Snaps into Scorch Buster and raises baking pan above heat to prevent scorching.



**CAMPFOOD** outdoor meals are specifically made for the cost conscience outdoor adventurer. CAMPFOOD has a full line of breakfast, lunches and dinners.

## BACKPACKER'S PANTRY

outdoor food products offer a wide variety of gourmet meals to enhance your outdoor experiences.





**OUR CHEF ~ YOUR ADVENTURE**



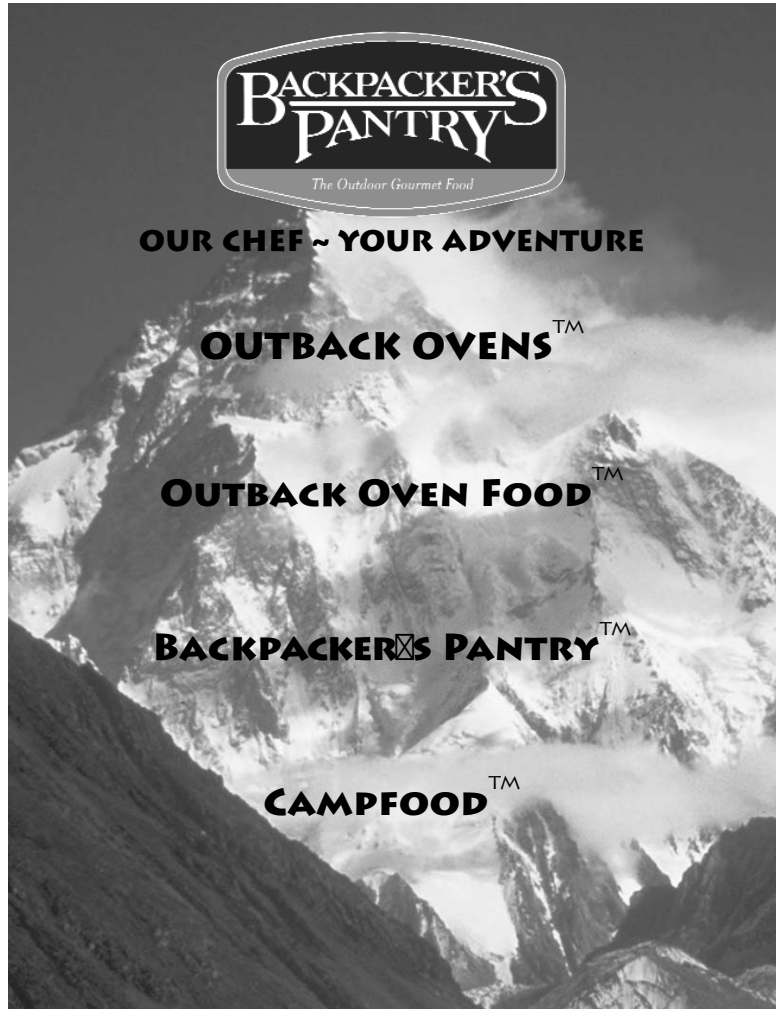
**OUR CHEF ~ YOUR ADVENTURE**

**OUTBACK OVENS<sup>TM</sup>**

**OUTBACK OVEN FOOD<sup>TM</sup>**

**BACKPACKER'S PANTRY<sup>TM</sup>**

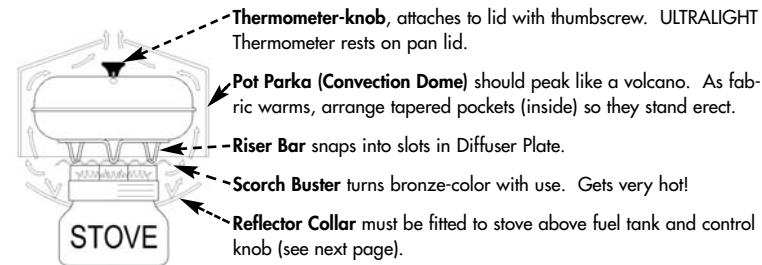
**CAMPFOOD<sup>TM</sup>**



# OUTBACK OVEN™ OPERATING INSTRUCTIONS PLEASE READ THIS!

Thank you for buying an OUTBACK OVEN™! If you are the type of person who doesn't normally read instructions, have a peek at the diagram below, then have someone read this part to you:

- o **Never use oven at high stove output** or leave unattended; you may damage your oven or stove (trust us).
- o **Stove must be fitted with Reflector Collar** to shield base of stove and ground below (not needed for box stoves with external fuel tanks).
- o **Turn down heat if you see smoke** coming from Convection Dome; it means fabric is being degraded from direct flame contact or intense heat.



First time your oven is used: Wash pan and lid. Some smoke will be produced as manufacturing residues burn off Scorch Buster and Pot Parka. Practice at home first.

## BAKING BASICS:

1. Stove must be level with Scorch Buster centered over burner grate.
2. Start stove on low, increase output slowly as thermometer equilibrates.
3. Allow 5-10 minutes for oven (with food) to **WARM-UP** to **BAKE** zone. Adjust stove output to hold at upper **BAKE** zone. Never turn stove on high! (see Thermometer on next page).
4. If oven gets too hot on stove's lowest setting, turn off stove and place a towel over Pot Parka. Wait until oven cools into BAKE zone, then re-light (re-priming white gas stoves should not be necessary).
5. Can be used over campfire coals. Avoid rip-roaring flames.

## PRODUCTS & ACCESSORIES (CONT.)

**PACK BOWL (4 PACK)** - 3 liter lightweight collapsible bowl. Can be used with boiling water. Excellent utility container.



**WOODEN SPOON** - The perfect backcountry spoon. Great for mixing and eating with. 8" long.



**U.T.U. SPATULA/KNIFE** - Bamboo spatula designed to be used with non-stick cookware. Bambo is the perfect backcountry material; lightweight and durable.



**QUICK RELEASE SHEETS (20 PACK)** - Parchment paper pan liner to ease cleanup. Perfect for non-teflon coated pans.

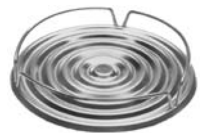
## OUTBACK OVEN™ THERMOMETERS -

Replacement thermometers for the Outback Oven™ and Outback Oven™ Ultralight.



**SCORCH BUSTER** - Diffuses heat from stove to help avoid food scorching.

**SCORCH BUSTER & RISER BAR** - Diffuses heat from stove and creates space for air to circulate between Scorch Buster and pan. Helps avoid food scorching and allows even baking.



**REFLECTOR COLLAR** - Aluminum sheet that sits below stove burner to reflect heat up into the oven.



## BACKPACKERS PANTRY PRODUCTS & ACCESSORIES

### OUTBACK OVEN™, BACKPACKERS PANTRY & CAMPFOOD

**FOODS** - Large assortment of breakfasts, entrees, side dishes and desserts. All easy to prepare and delicious. See [www.backpackerspantry.com](http://www.backpackerspantry.com) for the whole menu!

**OUTBACK OVEN™ 10"** - Our best selling Outback Oven. 10" non-stick pan, lid, thermometer, 10" pot parka, reflector collar, scorch buster, riser bar and backcountry baking booklet.



**OUTBACK OVEN™ ULTRALIGHT** - The ultimate lightweight baking solution. Thermometer, 8" pot parka, reflector collar, scorch buster, riser bar, 20 quick release sheets and backcountry baking booklet. Use with your own pan.



**PAN WITH A BITE 10"** - Non-stick frying pan with jaws pot lifter



**POT PARKA** - Aluminized Fiberglass dome that keeps heat around cookware. Extremely efficient at retaining heat, decreasing cook times, and decreasing fuel usage. Come in sizes to fit 8", 10" & 12" pans.



**CUTTING BOARDS** - Two sizes available: 7" & 10" diameters. Made with high density plastic.



**JAWS POT LIFTER** - Aluminum pot gripper designed to be used with non-stick pans.



**REFLECTOR COLLAR:** Collar is placed between the burner and the fuel tank, and shields the tank from excessive heat. Cutting of the Collar is necessary; customize it to fit your stove:

**CAUTION:** Cut metal edges can be very sharp.

Use template and follow instructions glued to Reflector Collar. Modify Reflector Collar to fit your particular stove.

**STOWING POT PARKA:** Lay upside down, curving "skirt" over tapered pockets, creating 6 ridges and valleys. Grasping two opposite ridges, deepen adjacent valleys into pleats and flatten. (Play with it; it's easy.)



**THERMOMETER:** The thermometer of the Outback oven is a simple "bi-metal" type that measures air temperature at the top of the Pot Parka. To provide a reliable reading, it must be positioned below the Parka's vent hole.

Because heat is absorbed by the pan and food, thermometer readings increase gradually. The highest readings will occur near the end of the baking cycle. The optimal baking reading for the 10" Oven is around the "E" in BAKE. The Ultralight Oven could be as high as the "B" in BURN. If the thermometer does read in the BURN area, simply take off the Pot Parka and allow the pan to cool.

For more detailed instructions on modulating the heat, see Advanced Baking Tips.

**Windy Conditions:** Wind can overpower Oven's natural convection. Baking time and thermo readings will vary. Use a wind screen. Avoid add-on screens that touch base of pan. A flap of foil with twisted tail inserted in tapered pocket of Parka can serve as a baffle over vent hole.

SITUATIONS AND SOLUTIONS

"My MSR stove won't simmer."

Clean jet before every use. Make small adjustments on control knob, then wait 20-30 seconds for flame to equilibriate. Be patient - you can simmer!

"My Coleman stove makes a funny sound after baking for a while."

Heat from Scorch Buster may cause stove jet to burn "catalytic", resulting in a whirring noise. Don't be concerned. Make sure Oven stays in BAKE zone.

"The Oven gets too hot on my stove's lowest setting."

Turn off stove, cover pot Parka with towel (don't remove Parka). When Oven cools to BAKE, re-light stove. White gas stoves should not require re-priming because heat from Scorch Buster keeps jet hot. Extension lighter (for barbecues) is handy. It's OK for Thermometer to creep into BURN zone at end of baking cycle - means food is nearly done.

"Smoke starts coming from my Pot Parka."

This signifies a "hot spot" on Parka fabric. Rotate Parka (using fingers in vent hole) and turn down heat. If condition persists, make sure Scorch Buster is level and centered.

"My alcohol stove starts out fine, then it starts to flare up."

Heat from the Scorch Buster may be causing alcohol to boil. Try diluting alcohol fuel with 25% water.

"How do I keep food from sticking to my cookset pot?"

Use Quick Release Sheets (baking parchment).

"Thermometer won't go into BAKE, or food takes too long to bake."

Make sure Parka stands tall and Thermometer is deep in vent hole (assures accurate readings.) Gradually increase heat. (see Windy Conditions).

"Food isn't done on top, or is overdone on bottom."

Stove may be too hot. Lid inhibits browning on top, like a covered casserole in your home oven. (See Advanced Baking Tips, next page.)

"How can I tell when food is done?"

Center is firm and utensil poked into middle comes out dry; bottom is brown and top dry. Avoid removing pot Parka any more than necessary - it's like taking food out of Oven. When it smells like Pizza (or brownies, or coffee cake, etc.), it probably is. Temperature, Time and Smell are the keys.

BROWNIES

An all time favorite. Mix them while your pizza bakes. Then turn out the pizza and pour in the brownie batter

1/4 cup butter and 2 Tbs. oil (or 2/3 cup oil)	1 tsp. vanilla
2 eggs (or 4 Tbs. powdered)	1/3 cup flour
3/4 cup sugar	1/4 cup cocoa powder
1/2 cup chopped walnuts	

Mix all except flour, then add flour. Stir in nuts, or any other goodies, with a few quick strokes. Bake 15 - 20 minutes. It'll be soft in the middle and drier around the edges when done. Cool before cutting (if you can wait!).

CINNAMON ROLLS

Prepare basic Pizza Crust. Separately prepare streusel filling:

2 Tbs. flour	2 tsp. cinnamon
1/2 cup sugar (white or brown)	2 Tbs. butter or oil
1/4 cup chopped walnuts	

Stretch dough into long rectangle. Cover with streusel mix. Roll up and slice into 4 - 6 rolls. Arrange in pan and bake approximately 25 minutes.

BASIC CAKE

1-1/4 cup flour	1/2 tsp. salt
1-1/2 tsp. baking powder	

Combine above ingredients. Mix together in a separate bowl.

1/3 cup oil	1/2 cup water or milk
2/3 cup sugar	1 tsp. vanilla
2 eggs (or 2 Tbs. powdered)	

Combine the two. Pour into pan. Bake approximately 20 minutes.

VARIATIONS:

**CHOCOLATE CAKE:** Use 1 cup flour and 1/4 cup cocoa powder.

**LEMON CAKE:** Delete vanilla. Add juice of 3 lemons, plus water to make up the 1/2 cup liquid; add 2 Tbs. grated lemon rind. Lemon glaze - 2 tsp. lemon juice mixed with 1/2 cup powdered sugar. Spread over hot cake.

**COFFEE CAKE:** Top with streusel mix from Cinnamon Rolls. Topping sinks into cake as it bakes.

HIGH ELEVATION BAKING

Yeast dough works fine at elevation. For pre-blended cake and biscuit mixes, add 3 Tbs. flour and 3 Tbs. water above 5,000 feet, and an extra Tbs. of each for every 1,000 above that. For "scratch" recipes, reduce baking powder by 1/2 tsp. for every 2,500 feet above 5,000.

**BREAD ROLLS**

Same as for bread except after kneading a second time, form into 8 balls. Lightly coat with oil and arrange on the pan. Rise another 20 - 40 minutes, then bake as for bread.

**PITA POCKETS**

With so many Middle Eastern "just add water" mixes available (falafels, humus, tabouli) pita pocket breads can be the heart of an exotic and delicious meal that is lightweight, nutritious and requires no refrigerated ingredients. Use Pizza Crust recipe (use white flour for best results). Allow 1/3 cup water for each 7" pita. After second kneading, divide into pita-sized balls (1/3 cup water per pita - how much water did you start with?). Work each ball into a pita-shape, 7" diameter; even thickness. Four and set aside.

Remove Riser Bar from the Diffuser Plate. Pre-heat the oven to the top of the BAKE zone. Drop one of the patties onto the hot pan and quickly re-cover. Bake 3 - 5 minutes. Turn it out and start the next one. The trick to making puffy pitas is to bake them hot and fast. If they don't puff completely, open them with a knife, fill 'em up and chow down while the next one is baking.

**BISCUITS**

Use any of the commercially available mixes. Or blend as follows:

2 cups flour	4 tsp. baking powder
1/2 cup oil	1/3 cup powdered milk
1/2 tsp. salt	3/4 cup water

Batter should be sticky. Spoon into pan. Bake 15 - 20 minutes. Flip after 10 minutes for even brown on both sides.

**CORN BREAD**

Use any of the commercially available mixes. Or blend as follows:

1 cup flour	1 cup corn meal
2 tsp. baking powder	1/2 cup oil
1 egg (or 2 Tbs. powdered)	1/3 cup powdered milk
1 Tbs. sugar	1/2 tsp. salt
1 cup water	

Bake 20 - 25 minutes until center is firm and utensil comes out clean.

**TAMALE PIE**

Prepare mix for a half-batch of corn bread (above). Using black bean flakes, follow recipe for 2 cups cooked bens, only use cold water. Let stand until water is absorbed, then spoon over corn bread batter. Bake as above.

**ADVANCED BAKING TIPS**

**Modulating Heat.** You get the most even baking and best fuel economy by matching the output of your stove with the Oven's thermal profile. Start with a moderate flame as Scorch Buster and Baking Pan get hot. Turn down as Thermometer enters BAKE zone, and lower still at top of BAKE zone. At end of baking time, turn off stove and cover Pot Parka with towel; food will continue to bake using no additional fuel. The thicker the dough or bater in the pan, the more important it is to modulate heat for even doneness.

**Mix It up.** Save on water and clean-up by mixing cake batter and bread dough right in Oven pan. A quick wipe with damp towel cleans all.

**On Deck.** For multi baking sprees, have next item mixed and ready to go. Slide pizza out of the pan and pour in brownie batter. Get the picture?

**Cool It.** Chill that Apple Pie by floating the pan in an eddy on that icy creek.

**Go Topless.** To get foods browned on top, try baking without the lid. With experience, you can tell if heat is right by listening to sound of stove, appearance of flame, and smell of food - so you don't need lid and Thermometer. Topless baking works best for breads, pizzas, etc. Pot Parka rests directly on food, so clean it as soon as you're done baking. (You can vent pan by setting lid slightly askew.)

**Getting a Rise.** A nice warm place for rising bread dough may not always be available on the trail. Use the Oven! Heat Oven with kneaded dough for 2 - 3 minutes (just enough to heat Scorch Buster and Pan) then turn off heat and cover with a towel or jacket. Repeat heat if needed.

**BEYOND BAKING**

The **OUTBACK OVEN™** is an innovative system you will use every time you cook. Lab tests prove the **OUTBACK OVEN™** substantially reduces fuel consumption. Use the Pot Parka alone to conserve fuel, speed heating (especially at altitude), and for keeping food warm. It also makes an effective snow melter for winter camping.

**Backpacker's Pantry** Freeze-Dried Meals attain optimum flavor and texture when baked. Combine mix with cold water; bake 10-20 minutes (taste for doneness). Baking assures full rehydration - especially at elevation where water boils at a lower temperature - eliminating "chewy noodles" and indigestion problems.

**Independent Lab Tests** prove that the **OUTBACK OVEN™** substantially reduces fuel requirements; for every trip you take, for every meal you prepare.